

**Every year
one of every
three people,
over the age
of 65, fall.**

FALL PREVENTION WEEK

Simple Steps to Prevent Falls

Have your physician or trained health care professional provide a fall risk assessment and review of your medications.



Engage in regular physical activity.



Get an assessment of your home environment and make changes to reduce safety risks. Make your home safer, reduce clutter, improve lighting and assure handrails and grab bars are securely installed.



Talk to your doctor about fall risks.



Call 1-866-313-1353 for a brochure on fall prevention and preventing falls at home. (In-Home Care Network)



Keep exercising, maintaining strength and balance is a key in fall prevention,



Tell a doctor or loved one if you have one of these risk factors for falls:

- A previous fall in the past six months.
- Difficulty walking or getting out of bed or chairs.
- Difficulty maintaining balance while walking.
- Feeling weak or dizzy.
- Forget limitations or have a cognitive impairment such as Alzheimer's.